




The Military Family Learning Network presents




Getting to Know You (Again)

Helping Young Children Adjust to the Return of a Military Parent


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U.S. DEPARTMENT OF DEFENSE  

Presenters



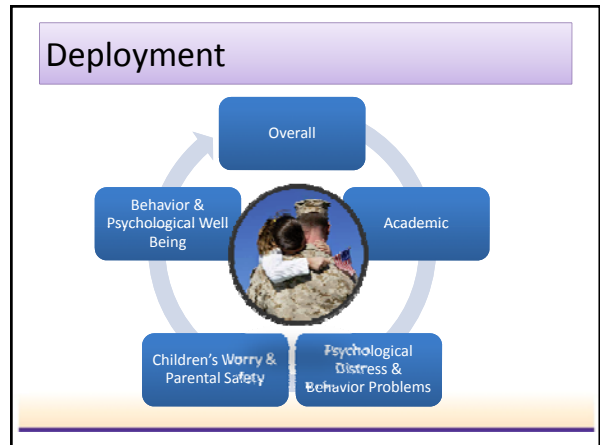
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[More about Rhonda's professional life](#)


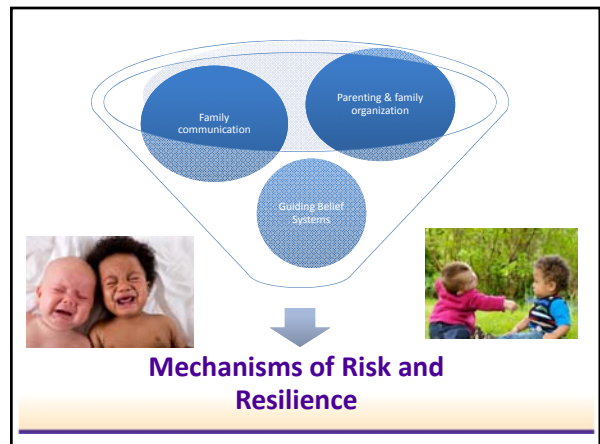
Military Children and Families

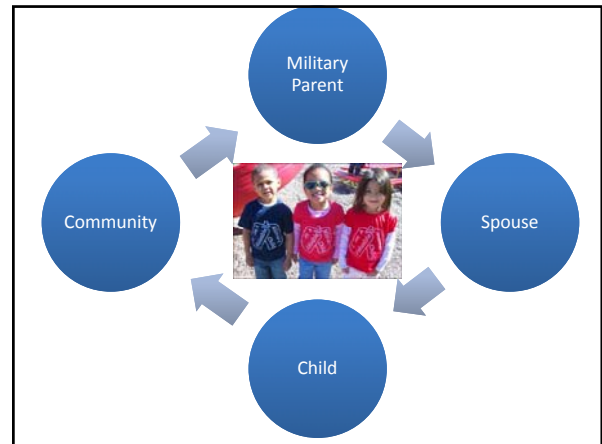
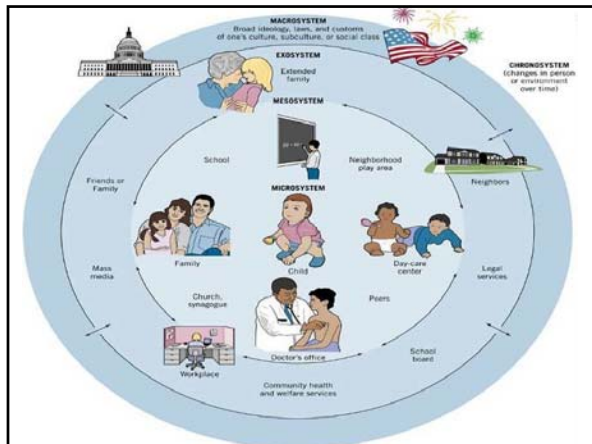
- Two million children in U.S. have at least one parent serving in military
- More than a million U.S. military children have experienced separation from parents since 2001

What is reintegration?

Reintegration is the stage of the deployment cycle (pre-deployment, deployment, post deployment or reintegration) characterized by the service member's reentry into his or her daily life as experienced prior to deployment, or into a new civilian life, including the domains of work, family, and personal experiences.



Helping Children Re-connect

Age	Activity/Behavior
0-12 months	<ul style="list-style-type: none"> Reconnect and bond by providing physical care, such as holding and feeding baby Be patient
1-3 years	<ul style="list-style-type: none"> Give child space and time to warm up Sit and play at their level Be gentle and fun; speak with a soft voice
3-5 years	<ul style="list-style-type: none"> Listen to your child without criticism Accept your child's thoughts and feelings Play games with your child that he/she chooses Find out about the new things in your child's life (friends, books, a TV show, a new sport, etc.)
5-12 years	<ul style="list-style-type: none"> Praise your child's accomplishments since you've been gone Let your child show you his/her school work, pictures or scrapbooks Be positive; try not to criticize past negative behaviors Get involved in your child's education and activities

**POST-DEPLOYMENT REINTEGRATION:
A MILITARY FAMILY'S PERSPECTIVE**

Rhonda Spearman, Ed.D.

WE ARE NOT ALL THE SAME

- Military affiliation
- Number of deployments
- Community
- Proximity to a Base
- Proximity to family and friends
- Size and composition of family

POST-DEPLOYMENT HISTORY

Deployment I

- Returned in late summer
- Sent kids off for two weeks
- No parties or special events
- Big Daddy changed jobs
- Mom returned to work
- Very little "family" time


Deployment II

- Returned at end of school year
- Immediate immersion into family routine
- Family camping trip
- Big Daddy returns to same job
- Mom starts job search

Pre-POST-DEPLOYMENT



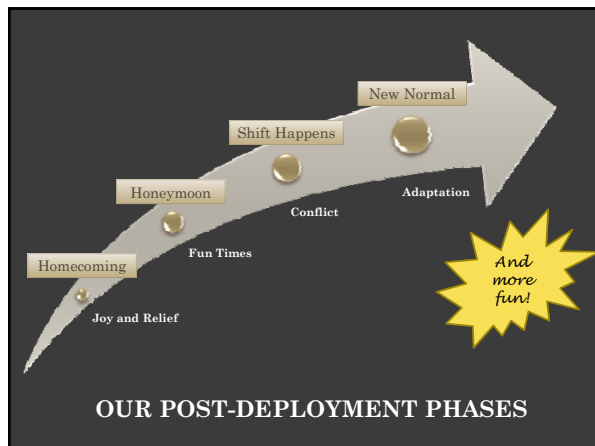
Service Member
Fear
Anxiety
Excitement
Happiness



Spouse
Relief
Happiness
Fear
Stress



Children
Happiness
Excitement
Worry



HOMECOMING



- Joyful Noises
- Storytelling
- Show and Tell
- Daydreaming
- Daily Routines
- Sensory Overload
- Fatigue
- Personal Space Issues

😊

HONEYMOON

"Don't let your _____ interfere with my *authority!*"

😊





SHIFT HAPPENS

Your Mommy's all right
Your Daddy's all right
They just seem a little weird
Surrender
Surrender
But don't give yourself away
Hey, heeeeeeey

Surrender, by Cheap Trick










NEW NORMAL

- Daily Routines
- Established Roles
- Delegating
- Parental Duties
- Resistance
- Overload
- Stress
- Personal Space Issues

😊

